

8. The Mindful Doctor

One of our physicians writes a 200-word health article each month or answers three questions from your employees.

Employee Question – "A friend of mine told me to get acupuncture and that it might help with my high blood pressure. What do you think?"

James S. Hixon, MD, Board Certified Internal Medicine, responds:



Acupuncture Works in Lowering Blood Pressure in Hypertensive Patients

UC Irvine researchers have found that electroacupuncture (EA) at select acupoints, performed once or twice weekly for four-to-eight weeks, significantly reduces blood pressure in patients with hypertension. In this study, the researchers identified specific acupoints on hypertensive patients that trigger neurons in the hypothalamus, midbrain and medulla to release chemicals that reduce excitatory responses in the cardiovascular system. This resulted in a decrease in heart activity and its need for oxygen, which in turn lowered blood pressure and can promote healing for a number of cardiac ailments, such as myocardial ischemia (insufficient blood flow to the heart) and hypertension. Acupuncture is increasingly being used as an alternative medical therapy, and this is among the first clinical studies to examine how EA works to lower blood pressure in humans.

UCI Experts: Peng Li, researcher in cardiology, UC Irvine; Dr. John Longhurst, cardiologist and the Lawrence K. Dodge Professor in Integrative Biology, UC Irvine



The Stress Institute

Contact Us

**We are delighted to provide you
any additional information you require.**

Jim Hixon, MD
Medical Director and Chief of Strategy
The Stress Institute and Mindful Living Companies
360 Pharr Rd
Suite 644
Atlanta, Georgia 30305

JHixon@stressinstitute.com

(404) 310-6387



The Stress Institute